

## Experiences Related to the Immune System

*This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.*

*(Chronic Fatigue Immune Dysfunction Syndrome (CFIDS), Epstein-Barr (EBV), Chronic-Viral Infections, Chrones)*

Epstein-Barr and Chronic Fatigue Immune Dysfunction has left me severely debilitated, very weak, and often in pain. I am finding the *Pain Management* tape very effective, and I feel a tremendous amount of energy surge through my body when I listen to *Energy Walk*.

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I have suffered from Chronic Fatigue Immune Dysfunction Syndrome (CFIDS) for years. The debilitating fatigue, chronic viral infections, and muscular pain kept me disabled for a long time. Although standard medical treatment did help with some of the symptoms, the healing effects of *Hemi-Sync* tapes made the greatest impact on my condition. In the beginning, I listened to a few of the nonverbal and musical tapes several times a day. The immediate effect was of release from discomfort to a feeling of well-being. Once I became aware of the other tapes the Institute offered, I added *Pain Management*, *Restorative Sleep*, and *Immunizing* to my collection, and experienced wonderful results. Within several months of using them, the aching in my body subsided and my overall energy increased quite substantially. *Hemi-Sync* tapes continue to give me relief.

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My sister and I both have CFIDS, and a big part of the syndrome is the inability to get quality sleep. Usually I couldn't sleep without the aid of sleeping pills. Since I began using the *Hemi-Sync* tape *Deep 10 Relaxation*, I have been able to nap in the afternoon and have found a good night's sleep for the first time in many years. With the *Positive Immunity Program*, my sister and I have learned some very good techniques for managing other symptoms.

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I battle with chronic Epstein Barr and cytomegalovirus infections, and this makes exposure to a cold or flu bug a real threat to my already fragile health. I have used the *Positive Immunity Program* to enhance the recuperative process when struck with a bug or even a bad cold. I now get well quickly from these things that previously took weeks to conquer.

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The *Positive Immunity Program* is useful for building a better level of health and well-being for those who have a variety of Auto-Immune based illnesses. My family and I have had good results with using it for allergies, arthritis, and chronic herpes breakouts. Whenever symptoms begin to flare up, we use the tapes to help stabilize the conditions.

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The loss of cognitive ability has been one of the most frustrating things to deal with in my journey through CFIDS. In addition to the physical disability, short-term memory loss has been a problem for me. The *Imprint* and *Remembrance* tapes have been helpful in this area. I have improved recall and clarity and feel more confident about myself.

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About a year after I was diagnosed with CFIDS, a friend gave me a few *Metamusic* tapes to try. He said the tapes might be soothing to listen to but did not explain anything about *Hemi-Sync* to me. After a week of listening daily, much to my amazement, I noticed an improvement in the way I felt physically and emotionally. That was 7 years ago. In the years since then, I have incorporated several types of *Hemi-Sync* tapes into my daily routine, and I have gained control of my symptoms. *Surf*, *Energy Walk* and *De-Discomfort* are some which are very effective for me. I have been able to resume a 6 hour a day work schedule for the past four years, and when I return home, all I need do is rest for an hour or so, listen to one of my tapes, and I'm replenished again for several hours in the evening. This is quite an accomplishment for someone who was totally debilitated. *Hemi-Sync* has greatly enhanced the quality of my life.

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A therapist reports: "On the first visit the client complained of tiredness after physical exercise of any sort, inability to concentrate, and general depression, all classic symptoms of ME (CFIDS)." After using *Hemi-Sync* tapes for a while, the client reported, "The tapes provide a safe environment in which to get to know myself. I'm feeling in control again after a long period of feeling controlled by illness and doctors. *Hemi-Sync* gives me the freedom and encouragement to recognize my own needs and to use the appropriate tapes as a solution." *Tune Up*, *De-Tox: Body*, *Circulation*, *Relax*, and *Off-Loading* are among the tapes she uses.

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A therapist reports on two clients who use *Hemi-Sync* to deal with post viral fatigue syndrome: "While neither client is completely "cured," both have gone a very long way to being able to cope effectively with their symptoms. Both women still have days when they become extremely fatigued and need periods of rest, but mentally they are now attuned to handling these symptoms and they soon recover from them."

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A physician who suffers from Chrones disease reports: "I am very impressed and excited with the *Positive Immunity Program*. Although I hadn't expected any improvement to occur so quickly, I have already experienced a reduction in cramping, diarrhea, and stress, and I feel in control of my illness for the first time. I have completed listening to the program twice, and during a long hospital stay, used it for reinforcement. The amount of pain medication needed was significantly reduced and I was able to maintain a remarkably positive attitude."

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